


# Family Fruit & Vegetable Challenge



Name \_\_\_\_\_

I will try to eat \_\_\_\_\_ cups of fruits and vegetables every week \*

how many

		Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total for Week	New or unusual fruits or veggies I ate this week
sample	breakfast	1	1	0	1/2	1	0	1	28	kiwi fruit 
	lunch	1	0	2	1	1/2	1	0		
	supper	2	0	1	1	2	1 1/2	1		
	snacks	0	1 1/2	2	1	3	1	2		
week 1	breakfast									
	lunch									
	supper									
	snacks									
week 2	breakfast									
	lunch									
	supper									
	snacks									
week 3	breakfast									
	lunch									
	supper									
	snacks									
week 4	breakfast									
	lunch									
	supper									
	snacks									

\*Go to [www.mypyramid.gov](http://www.mypyramid.gov) and click on MyPyramid Plan. See how much is healthy for you and what counts as a cup